

KINESIOLOGY AND HEALTH B.S. DEGREE
PRE-HEALTH PROFESSIONS - OCCUPATIONAL THERAPY
2023-2024 SAMPLE FOUR-YEAR PLAN

Semester 1 - Freshman Year	Credit
BIOL 211-Principles of Biology I	3
BIOL 211L-Principles of Biology Lab I	1
ENGL 150-Critical Thinking & Communication	3
H S 110-Personal & Consumer Health	3
KIN 252-Intro to the Discipline of Kinesiology	1
KIN 253-Orientation & Learning Community	1
LIB 160-Intro to College Level Research	1
PSYCH 101-Introduction to Psychology	3
Total	16

Semester 2 - Freshman Year	Credit
BIOL 212-Principles of Biology II	3
BIOL 212L-Principles of Biology Lab II	1
KIN 258-Principles of Physical Fitness & Cond	2
MATH 140-College Algebra, MATH 143-Prep for Calculus, MATH 145-Applied Trigonometry or MATH 165-Calculus I	3-4
SOC 134-Introduction to Sociology	3
Humanities Choice	3
Total	15-16

Semester 3 - Sophomore Year	Credit
BIOL 255-Fundamentals of Human Anatomy*	3
BIOL 255L-Fund of Human Anatomy Lab*	1
CHEM 163 or 177-College or General Chem I	4
CHEM 163L or 177L-College or Gen Chem I Lab	1
ENGL 250-Written, Oral, Visual & Elect Comp	3
KIN 242-Planning for Success in a Health Career	.5
PSYCH 230-Developmental Psychology	3
Elective	1
Total	16.5

Semester 4 - Sophomore Year	Credit
BIOL 256-Fundamentals of Human Physiology**	3
BIOL 256L-Fund of Human Physiology Lab**	1
PHYS 115-Physics for the Life Sciences or PHYS 131 & 131L-General Physics I	4-5
Electives	3
Humanities Choice	3
Total	14-15

Semester 5 - Junior Year	Credit
KIN 366-Exercise Psychology or KIN 365-Sport Psychology	3
KIN 372-Motor Control & Learning	3
SP CM 212-Fundamentals of Public Speaking	3
STAT 101-Principles of Statistics or STAT 104-Introduction to Statistics	3-4
Electives	3
Total	15-16

Semester 6 - Junior Year	Credit
FS HN 367-Medical Terminology	1
H S 350-Human Diseases	3
KIN 355-Biomechanics	3
PHIL 331-Moral Problems in Medicine**	3
Electives (300+ Level Courses)	6
Total	16

Semester 7 - Senior Year	Credit
ENGL 302, 314-Business/Technical Comm or SP CM 312-Business & Professional Speaking	3
KIN 358-Exercise Physiology	3
KIN 359-Exercise Physiology Lab	1
KIN 373-Biomechanics & Motor Control Lab	1
PSYCH 460-General Psychopathology	3
Electives (300+ Level Courses)	3
Electives	3
Total	17

Semester 8 - Senior Year	Credit
KIN 400 Level Courses ⁺	9
PSYCH, SOC, or Humanities Choice	3
Elective	1
Electives (300+ Level Courses)	3
Total	16

* Fall Only Course

**Spring Only Course

⁺KIN 400 Level Course Choices (9cr): KIN 458, 462, 466**, 467, 472, 473**, 480, H S 464

Students must complete a 3 credit U.S. Diversity course and a 3 credit International Perspectives course. Students must also complete a minimum of 46 credits in 300-400 classes and a total of 124 credits to graduate. Four year plans are arranged with courses in prerequisite sequence and within the term a course is usually offered. This is a sample plan, always use the degree audit as the official documentation of progress toward a degree.